SRSCOP010B: Collect information on stress management

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| Description  This unit has been developed for the Sport Industry Training Package. This unit covers the knowledge and skills required to gather information on the causes of stress, and strategies for managing stress.  Unit Sector  Career Oriented Participation  Performance criteria   |  |  |  |  | | --- | --- | --- | --- | | **Element** | |  | **Performance criteria** | | 1. | Collect information on the impact stress can have on performance |  | |  |  | | --- | --- | | 1.1 | Identify and document information on the ***causes of stress*** | | 1.2 | Identify and document information on the ***effects of stress on physiological and psychological well being*** | | 1.3 | Identify and document information on the ***impact stress can have on sporting performances*** | | 1.4 | Ensure information is up-to-date, accurate and as comprehensive as available sources allow | | 1.5 | Check conflicting information with relevant source | | | 2. | Collect information on ways of effectively managing stress |  | |  |  | | --- | --- | | 2.1 | List information on the main ***forms of stress management*** | | 2.2 | Identify and document information on the ***benefits of a range of relaxation techniques*** | | 2.3 | Identify and document information on the ***role of leisure and recreation in stress management*** | | 2.4 | Ensure information is up-to-date, accurate and comprehensive as available sources allow | | 2.5 | Check conflicting information with relevant source | |   Key competencies   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Key Competency** |  | **Example of Application** |  | **Performance Level** | | Communicating ideas and information |  | Use active listening skills |  | 1 | | Collecting analysing and organising information |  | Collect relevant information on effective way to managing stress |  | 2 | | Planning and organising activities |  | Not applicable |  | 0 | | Working with others and in teams |  | Seek advice from others |  | 1 | | Using mathematical ideas and techniques |  | Not applicable |  | 0 | | Solving problems |  | Not applicable |  | 0 | | Using technology |  | Use computer and internet to accessstress management information |  | 1 |   Range statement  The Range Statements provide advice to interpret the scope and context of this unit of competence, allowing for differences between enterprises and workplaces. The Range Statements relate to the unit as a whole and helps facilitate holistic assessment. In addition, the following variables may be present for this particular unit of competency:   |  |  |  | | --- | --- | --- | |  |  |  | | Benefits of a range of relaxation techniques |  | * increase in performance * increase in concentration * feeling of control * decrease in cardiovascular risks | | Causes of stress |  | * social * environmental * technological * fear/worry * time management * guilt | | Effects of stress on Physiological and psychological well being |  | * psychological   + emotional swings * fight or flight response * cardiovascular effects * physiological | | Forms of stress management |  | * yoga * conflict resolution * relaxation * time management training | | Impact stress can have on sporting performance |  | * increased tension * loss of rhythm * decrease in concentration | | Relaxation techniques |  | * deep breathing * visualisation * meditation | | Role of leisure and recreation in stress management |  | * release in tension * balanced lifestyle * fun |   Evidence guide  The Evidence Guide identifies the critical aspects, knowledge and skills to be demonstrated to confirm competence for this unit. This is an integral part of the assessment of competence and should be read in conjunction with the Range Statements.   |  |  |  | | --- | --- | --- | |  |  |  | | **Critical aspects of evidence to be considered** |  | * Assessment must confirm sufficient knowledge of the impact of stress on performance * Assessment of performance should be over a period of time covering all categories of all Range Statements that are applicable in the learners environment * Assessment must confirm the ability to apply knowledge and appropriate techniques to   + identify sources of information in order to collect information on stress management   + ensure information is up to date and accurate   + outline the ways of effectively managing stress | | **Interdependent assessment of units** |  | * This unit must be assessed after attainment of competency in the following unit(s)   + Nil * This unit must be assessed in conjunction with the following unit(s)   + Nil * For the purpose of integrated assessment, this unit may be assessed in conjunction with the following unit(s)   + Nil | | **Required knowledge and skills** |  | * Required knowledge   + Knowledge of organisation's policy and procedures for researching information from external organisations * Required skills   + Problem solving strategies to know how access information on systems you do not have any knowledge of   + Interpersonal skills to develop rapport with organisations from whom you wish to gather information   + Communication (verbal and listening skills)   + Negotiation skills to negotiate access to information | | **Resource implications** |  | * Physical resources - assessment of this competency requires access to   + appropriately equipped theory space   + information on the physiological and psychological effects of stress   + information on different types of relaxation techniques * Human resources - assessment of this competency will require   + personnel to be current in their knowledge and understanding of the industry through provision of evidence of professional activity in the relevant area   + personnel to have attained the National Competency Standards for Assessment BSZ401A, BSZ402A and BSZ403A | | **Consistency in performance** |  | * Due to the issues such as variable conditions of athlete participation this unit of competency must be assessed over a period of time in order to ensure consistency of performance over the Range Statements and contexts applicable to the work environment | | **Context for assessment** |  | * This unit of competency must be assessed in the context of a sporting activity with a range of real clients. For valid and reliable assessment the activity should be conducted in a real work environment. The environment should be safe, with noise to a level experienced with an activity in full operation and support serviced provided for optimum performance * This unit of competency should be assessed through the observation of processes and procedures, oral and/or written questioning on required knowledge and skills and consideration of required attitudes * Where performance is not directly observed and/or is required to be demonstrated over a 'period of time' and/or in a 'number of locations', any evidence should be authenticated by colleagues, supervisors, clients or other appropriate persons | |